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STEAM DRYERS
First Named Inventor: Jonathan Lazarus
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APPARATUS AND METHODS FOR CONTROLLING FLOW IN BWR STEAM DRYERS

First Named Inventor: Jonathan D. Lazarus

SUBMITTED BY

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Attached Files:

bibd-transmittal	12551-210apds.xml
fee-transmittal	12551-210fee.xml

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Abstract

The purpose of this study was to determine the effect of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of elderly people. The study included 20 elderly individuals (mean age = 70.5 years) who were randomly assigned to either a control group or a training group. The training group participated in a supervised exercise program consisting of aerobic, strength, and flexibility exercises, three times per week for six weeks. Physical fitness was assessed using a series of tests including a 6-minute walk test, a sit-to-stand test, a handgrip strength test, and a balance test. HRQL was measured using the EuroQOL-5D questionnaire. Results showed that the training group significantly improved their physical fitness and HRQL compared to the control group. Specifically, the training group showed significant improvements in the 6-minute walk test, sit-to-stand test, handgrip strength test, and balance test. Additionally, the training group showed significant improvements in all five dimensions of the EuroQOL-5D questionnaire. These findings suggest that a 6-week supervised exercise program can effectively improve the physical fitness and HRQL of elderly people.

FEE TRANSMITTAL

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Large Entity

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SUBMITTED BY

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BASIC FILING FEE

Fee Description	Fee Code	Fee Paid
Utility Filing Fee	101	\$ 740

Subtotal For Basic Filing Fee: \$ 740

EXTRA CLAIM FEES

	Fee Code	Fee	Extra Claims	Fee Paid
Total Claims: 22	103	\$ 18	2	\$ 36
Independent Claims: 3	102	\$ 84	0	\$ 0

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